

STI Info



Sexual Activity

- May include many things such as, among others, touching another person either directly or indirectly, with a part of the body, like hands, or an object for sexual purposes.

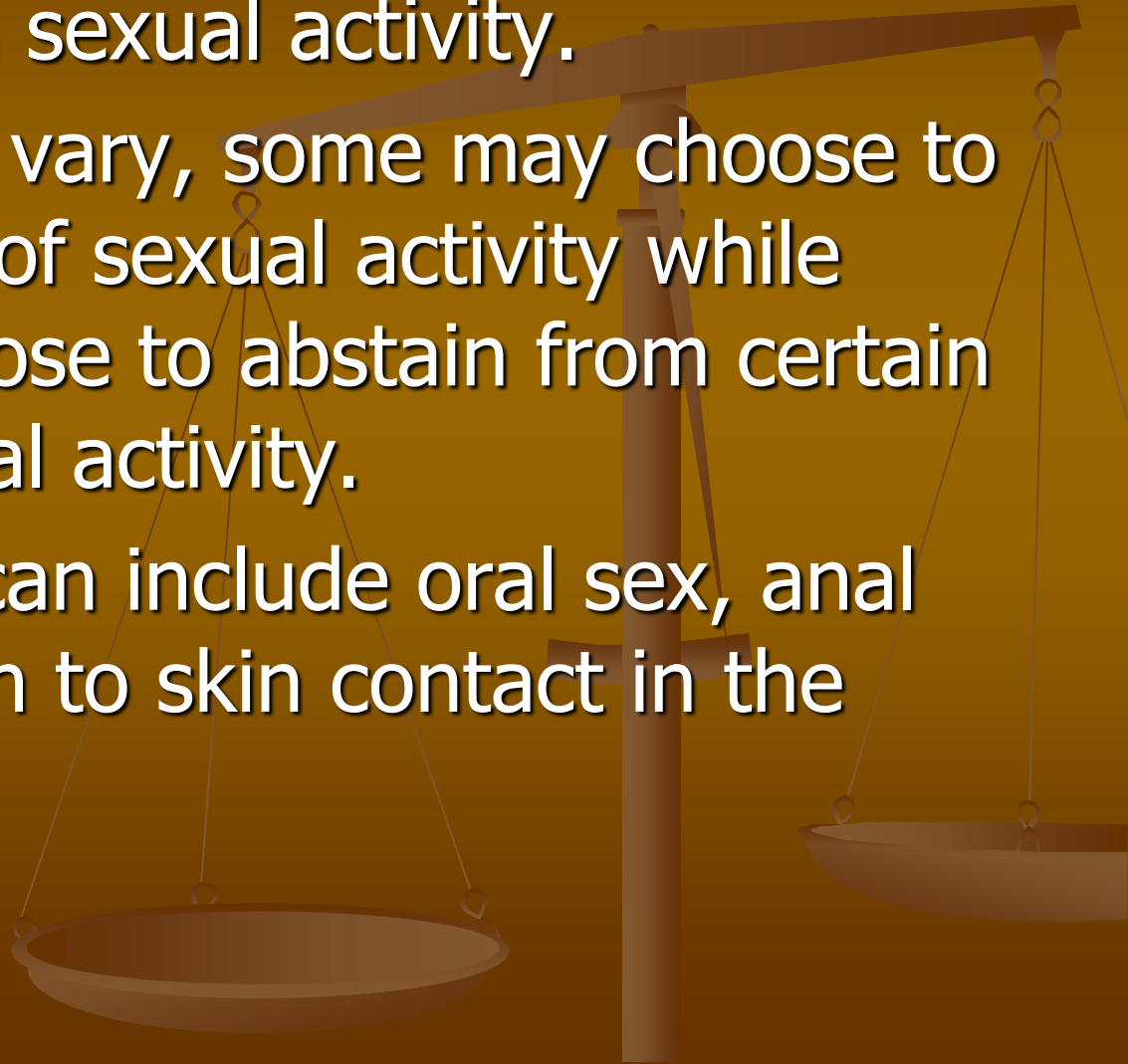
Consent:

- ◆ The persons engage in the sexual activity voluntarily agree to engage themselves in the sexual activity.

You do have to give your consent to be sexually active. Abstaining (abstinence) is the only way to truly be sure you are not susceptible to pregnancy, STI's or feeling badly about yourself because you were not ready or feel you compromised your values.

Abstinence

- Not engaging in sexual activity.
- Definitions may vary, some may choose to avoid any form of sexual activity while others may choose to abstain from certain aspects of sexual activity.
- Sexual activity can include oral sex, anal sex and any skin to skin contact in the genital area.



Sexually Transmitted Diseases:

A risk involved with becoming sexually active is the contraction of sexually transmitted diseases, or STI's.

STI's are infections and/or viruses that are transferred from one partner to another through skin to skin contact with the genital area.

A person can have an STI and not know it.

Types of STI's

- Please fill in your sheet as we go through the types of STI's and STD's, symptoms, treatments, transmission, effects and prevention.
- Your mark will be based on a completed sheet, not getting every fact down on the sheet.

Chlamydia

- no symptoms
- Discharge from genitals
- Burning/pain while urinating.
- Pain in pelvic area during intercourse
- Unusual vaginal bleeding

Transmission through unprotected vaginal, oral or anal sex.

Effect: Can cause sterility, and further pelvic problems.

Prevention: abstinence, condoms reduce risk.

Treatment: antibiotics from doctor.

Gonorrhea

- Often no symptoms
- Discharge from genitals
- Burning/pain while urinating.
- Pain in pelvic area during intercourse
- Increased pain during menstrual cycle

Transmission: unprotected oral, vaginal or anal sex.

Effects: sterility, further pelvic problems/disease.

Prevention: Abstinence, condoms reduce risk.

Treatment: cured with antibiotics.

Human Papiloma (Genital Warts)

Symptoms: often no symptoms; symptoms can take years; cervical change; warts that have cauliflower-like appearance.

Transmission: Direct contact of the skin or lining of the vagina or rectum.

Effects: increased risk of cervical cancer; more warts can grow.

Treatment: cannot be cured; symptoms treated with liquid nitrogen, laser treatment or other medications.

Prevention: Abstinence; condom use reduces risk; regular pap test.

Herpes

- Incubation can last years.
- Flu-like feelings
- Small, painful blisters on genitals or mouth (cold sores).

Transmission: direct contact with skin

Effects: blisters may recur

Treatment: cannot be cured; symptoms managed with drug therapy.

Prevention: abstinence; condom use reduces risk

Hepatitis B & C

■ Often no symptoms; flu-like feelings; jaundice

Transmission: unprotected sex; sharing needles, mother to child transmission

Effects: liver disease; cancer of liver.

Treatment: cannot be cured; sometimes virus goes away on its own; antiviral medication for Hepatitis C.

Prevention: Hepatitis C vaccination; abstinence; condom use reduces risk; do not share needles or other drug equipment; do not share toothbrushes or razors; universal precautions.

Syphilis

■ Often no symptoms;

1st stage: painless, open sore on mouth or genitals (will disappear).

2nd stage: rash, flu-like symptoms

3rd stage: damage to vital organs.

Transmission: unprotected sex; mother to child

Effects: untreated, can cause damage to heart, liver, brain and eyes.

Treatment: cured with penicillin injections

Prevention: abstinence; condom use reduces risk.

Vaginal Infections

Examples: yeast, vaginitis, trichomonas

Symptoms: at times, no symptoms;

Females: unusual vaginal discharge or odour; vaginal itching & redness; burning with urination; pain during intercourse.

Males: may have itching or rash on penis.

Transmission: sometimes spread through sexual contact but some types are not

Treatment: cured with antibiotics and antifungals.

Prevention: abstinence; condom use reduces risk; wipe front to back; do not douche; wear cotton underwear.

HIV (Human Immunodeficiency Virus)

Symptoms: often no symptoms; flu-like feelings; unexplained weight loss; night sweats; persistent diarrhea.

Transmission: unprotected vaginal, oral or anal sex; sharing needles; mother to child transmission.

Effects: can lead to AIDS & many life-threatening diseases.

Treatment: cannot be cured; many medications available to help manage the virus.

Prevention: abstinence; condom use reduces risk; do not share needles or other drug equipment; universal precautions.

Conclusion

- ◆ Abstinence is the only true way to avoid contracting an STI.
- ◆ If you have become sexually active and wonder about whether you have contracted an STI, do not wait; make an appointment to see your family doctor. Waiting could cause more damage to your body.

And remember....the only person who can look after you all the time is.....

YOU!

